



THE WELLNESS INSTITUTE

Work-Well Programs

EDUCATE, MOTIVATE, EMPOWER

Studies have shown that an educated, motivated and empowered workforce increases productivity. A healthy workforce also helps your organization drive down healthcare costs.

The Wellness Institute can help your organization create customized corporate programs based on the unique needs of your employees.

- What are the demographics of your organization?
- What is the overall health profile of your workforce?
- What are their occupational health risks?
- Do your employees suffer from chronic conditions?

The Wellness Institute develops **Work-Well** Programs to fit any company's budget.

For more information, please contact us:

THE WELLNESS INSTITUTE

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Choose from the following **Work-Well** topics:

Stress Management

Leadership Skills

Effective Communication

Team Work

Mind-Body Connection

Office Ergonomics

Healthy Eating

Proper Exercise

Holistic Nutrition

Work Life Balance

Meditation

Relax, Breath & Focus

...or we'll help create a customized
Work-Well program for your organization